

THE PURSUIT OF THOUGHTS

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Music Heals Stress and Sustains Mental Health in the Time of COVID Pandemic

Dr. Piyaly De

Abstract

Music heals stress and sustains mental health of the individual in the time of chronic COVID crisis. A group of 120 individuals (male and female) of 21 years to above 60 years (young adult to old people) have been selected as subject. A General Information Schedule and Sheldon Cohen's Perceived Stress Scale and Need Fulfillment Questionnaire (based on music) were administered to them. The findings revealed that the individual who are attached with music at regular basis reduced stress of chronic COVID pandemic successfully than the individual who are not attached with it (music). The individual (male and female) who are attached with music helped them to control and calm their mind, gives peace and pleasure, reduced loneliness and anxiety and to combat with stress in chronic crisis. On the other hand, the individual, who are not engaged with music showed different mental health problems towards handling COVID related stress. Male groups (not attached with music) tried to keep their stress towards microscopic virus under their control in comparison with female groups who did not handle the pandemic situation and showed ill mental health. Individual (male and female) who are attached with music emphasized that music gives them pleasure, helps them cope with stress, gives mental peace, reduced loneliness and boredom. They also expressed that music is their best friend in the time of leisure.

Keywords: Coping, COVID pandemic, Mental health, Music, Stress.